

Section IV – Support Services

FOOD SERVICES MANAGEMENT – WELLNESS

#463R

ADMINISTRATIVE RULE

Wellness Policy Plan

Area 1. Nutrition Education:

The District will provide a comprehensive K-12 Health/Nutrition education curriculum by incorporating key component areas from the Wisconsin State Education Standards. Physical Education, Family and Consumer Education and Health Education are fundamental areas that provide ongoing nutrition education. However, nutrition education is integrated into other areas of the curriculum at all grade levels and in all subject areas whenever possible.

Accurate and consistent messages will be provided throughout the school environment. Beyond the classroom, students will be encouraged in the cafeteria to make healthy choices during breakfast and lunch meals. Students will be encouraged to start each day with a healthy breakfast, so they can receive the energy needed to function at their greatest capacity.

Nutrition education will be shared with parents beginning at the elementary level and throughout the middle and high school levels. Families will be provided information in the form of educational handouts, menu highlights, or presentations that focus on nutrition and healthy lifestyles.

Area 2. Physical Education and Activity:

The District will provide a comprehensive physical education curriculum in accordance with current Wisconsin standards for physical education. Classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle. Students will be provided opportunities to develop the knowledge and skills for specific physical activities and maintain physical fitness. In addition to regular physical education, physical activity will be encouraged across the curriculum and throughout the school day at all grade levels.

Elementary and Middle School students will have the opportunity to participate in daily recess and physical activity where proper equipment and a safe area designated for supervised recess time is provided by the District. The District will encourage student involvement in co-curricular physical activity programs after school hours and will promote the use of school facilities for physical activity programs offered by the school and or community based organizations outside of school hours. All K-12 students will have opportunities, support, and encouragement to be physically active on a regular basis.

Area 3. School Food Service Operations:

The School Food Service Program offers breakfast and lunch meals to all students, and participation is encouraged. The programs operate in compliance with nutritional requirements and other regulations set forth by USDA including recommendations of the U.S. Dietary Guidelines for Americans. When lunches are averaged over a week, they will provide at least 1/3 of the RDA for protein, iron, calcium, and Vitamins A and C. The goal for total fat calories is 30% or less with saturated fat less than 10% of total calories. Breakfast will provide at least 1/4 of the RDA for the above listed nutrients.

Meal components will be prepared and served with consideration to variety, appeal, taste and safety standards and will provide an opportunity for students to make healthy choices on a daily basis. The enhanced food-based menu approach will be used in planning all breakfast and lunch menus with more grains/breads, fresh fruits and vegetables, and lean dairy and protein choices available. Portion sizes of meal components will be planned to meet meal requirements.

Food sources will include USDA commodity foods and commercially prepared Child Nutrition Products formulated specifically for school meal programs and authorized by USDA/FNS. Methods of food preparation will incorporate baking or steaming. Deep-frying or other frying methods will not be used. Food service operations will comply with State food safety and sanitation regulations.

Area 4. District Nutrition Standards:

Decisions made in all school programming will reflect and encourage positive nutrition messages and healthy food choices. Foods and beverages served and sold, including school meals, will enhance the nutrition of the District.

Regulations regarding foods sold in competition with school meals will be followed. Other food sales taking place during school hours will be limited and will not conflict with serving times for breakfast or lunch.

Only foods and beverages that meet the minimal nutritional values, as defined by USDA, may be sold or served in school. Therefore, FMNV (foods of minimal nutritional value) will not be available for purchase. This group includes but is not limited to carbonated beverages, water-ices unless made with fruit juice, licorice, marshmallow candies, chewing gum, candies, fondant, spun candy and candy coated popcorn. Students will be discouraged from bringing carbonated soft drinks with sack lunches. Other beverages containing caffeine, such as coffee and tea will also be discouraged. Water consumption will be encouraged throughout the day.

Fat-free and reduced fat milk will be available during all meals and breaks. A milk vending machine will be available for dispensing a variety of milk flavors before and after school hours. Other beverage vending machines operated by the School District will be turned off during regular school hours and products in them will not be available for purchase during school hours.

All foods available in school will assist students in complying with the dietary guidelines for Americans, by providing a variety of grains, fruits, vegetables, foods low in saturated fat, trans fat, cholesterol, sugars and sodium. Foods brought into the school, such as those used for classroom snacks, celebrations or special events will be encouraged to meet these standards as well as food safety standards. Foods prepared or served in the classroom provide an opportune time to apply critical thinking skills to making healthy food choices.

Non-food alternatives or healthy food options for student rewards and school fund raising will be encouraged.

Students who go on school sponsored trips during the school day will be encouraged to order bag lunches through school or arrange to have the food service department prepare bulk food items for their mealtime needs.

Food service will work with nursing services to provide substitutions for students with special food needs or food allergies whenever required or requested.

The District values the health and well-being of its staff and provides opportunities that support a healthy lifestyle. Staff wellness helps promote student and family wellness from which the entire community benefits.

Area 5. Monitoring and evaluation:

A review of the school wellness plan will take place each year to identify areas for improvement or change. The wellness committee members will be able to evaluate progress in areas listed and note recommendations for revisions to the plan as necessary for its improvement.

APPROVED: 05/09/06